

Mental Health Updates & Events

March 7, 2019

WASHINGTON COUNTY		
Event/Program	Details	Date/Time/Location
WSM Wellness Support Management	Designed for individuals 18 years and older with mental health illness. Facilitated by peers, this group empowers participants to improve success and satisfaction with their everyday life.	Offered on Mondays 6:30-7:30pm Offered Wednesdays 11:45am – 12:30pm No pre-registration required
Mindful Creativity Adult Therapy Group	This group is for adults with mental health illness. Each month will focus on a different theme depending on the group members' needs. Space is limited. Pre-registration is required.	Offered on the 2 nd and 4 th Tuesday of each month Call Jan at 262-339-1235 to pre-register or for more information
R.I.S.E. Connect Support Group	For individuals with mental health illness who are in their 20's and early 30's. This group offers support and encouragement for moving forward in daily life while successfully managing your mental health illness. Come share your weekly successes and challenges.	Offered Tuesday evenings 6:30-7:30pm No pre-registration required Contact Judie at judietammy.namiwashington@gmail.com for more information
Crafting Connections Activity Group	Peer led, this group generally appeals to adults who are newly diagnosed or adults who are new to experiencing challenges due to their mental health illness. No experience necessary. This is a relaxed atmosphere to build a support network and learn how creativity can be a coping mechanism.	Offered on Wednesdays 10-11:30am No pre-registration required
Let's Connect Young Adult Support Group	Led by trained facilitators this group is for post high school individuals from ages 18-23 years with mental health concerns. This is an open forum for peer discussions and building critical support networks. Monthly outings (free to group members) are planned to have fun, learn new skills, and develop friendships.	Offered every Thursday 4:15-5:30pm Contact Robin at robin.namiwashington@gmail.com for more information

Teen Connections Support Group	Offered at NAMI Welcome Center and Kewaskum High School and lead by trained facilitators, this group is for teens who live with or suspect a mental health condition. Teens learn about symptoms, resources, treatment, and the importance of developing a support network.	West Bend: Every Thursday 4:15 - 5:30 pm at the NAMI Welcome Center Contact Sue at 262-629-5187 or Suzanne.namiwashington@gmail.com for more information. Kewaskum: Every other Wednesday starting October 3rd from 2:10 - 2:50 pm at Kewaskum High. Contact your school counselor at 262-626-3105 → Mrs. Daane ext. 4106 or Ms. Brendemuehl ext. 4114
R.I.S.E. Support Group (Recovery Inspired by Shared Experience)	Led by trained facilitators this group is for adults ages 18 years and older who have a mental health illness. Talk about your concerns and receive support from other individuals who have been in similar situations. A safe place to share your struggles and experience, as well as learn more about living with these conditions.	Offered every Saturday 10-11am No pre-registration required
NAMI Family Support Group	Peer led by trained adults who have a family member with mental illness. This group meets two times per month - once in West Bend and once in Richfield at Northbrook Church. This is a structured group model.	Richfield: The first Monday of the month at Northbrook Church except for holidays. West Bend: The third Monday of the month at the NAMI Welcome Center except for holidays. Meeting time for both locations is 7:00 - 8:30 pm Call 262-339-1235 for more information. No pre-registration required.
Wellness Fair	A wellness fair hosted by the Keystone Teen Program. They are looking to get several mental-health based resources at the event, along with other relatable resources for youth and families.	Wednesday, May 29 5-7pm West Bend Boys & Girls Club

OZAUKEE COUNTY		
Event/Program	Details	Date/Time/Location
Brushing Up on Dental Health for All Ages	A great smile has 32 parts... but what if getting your kids to brush is a battle? Are your kids doing a good-enough job when they	Tuesday, March 12 6:30-8pm Free

	<p>brush? Developing healthy dental habits can have a lifelong impact. Explore the benefits of good dental health and learn tips and techniques from Dr. Katie Hansen, DDS, Hometown Dental, to make brushing less stressful and more fun for you and your family.</p>	<p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Parenting – Teens and Substance Use	<p>In this session group, parents will learn how to stay involved in their child’s life in a positive and ongoing way, while also engaging in self-care. This class will help you understand that substance use is a motivated behavior. Teens don’t use drugs and alcohol because they are “bad”, but because they are getting something in return. Understanding this will help you and your family to take the substance use less personally and how some of your child’s needs could be met without using substances. Participants will also gain an understanding on how to incorporate natural consequences as part of the change process.</p> <p>Facilitator – Jill Dawson</p> <p>Jill Dawson has a counseling background working with children, adolescents, adults and families. She specializes in dual diagnoses, both mental health and substance abuse. She has worked with clients with substance abuse/addiction issues, depression, anxiety and panic disorders, bipolar, PTSD and trauma. Jill has also trained and educated schools and communities regarding teens and substance use. Jill graduated from Concordia University with a</p>	<p>Tuesdays 3/12/19 & 3/19/19, 6-7:30pm</p> <p>\$15/participant</p> <p>Space is limited, and all participants must register to attend.</p> <p>To register- please contact Erin Perez at 414-559-0050 or erin@ozaukeecommunitytherapies.com</p>

	master's degree in professional counseling.	
Dare to Know: The Truth about Vaping, Juuling...and Your Child	<p>For: All Parents & Students 6th-12th grade</p> <p>Resource Fair:</p> <ul style="list-style-type: none"> - Resources offered from local organizations <ul style="list-style-type: none"> o Mental Health o Addiction and Recovery o Substance Use Prevention o Teen Bedroom <p>Presentation:</p> <ul style="list-style-type: none"> - Welcome and keynote – Dr. Charlene Gaebler-Uhing, MD, MHPE, Children's Hospital of Wisconsin Teen Health Clinic <p>Breakout Sessions:</p> <ul style="list-style-type: none"> - Parents Q&A with keynote speaker and panelists - Peer discussion with Q&A 	<p>Wednesday, March 13 6-8:30pm Homestead High School James Barr Performing Arts Center 5000 W. Mequon Rd.</p> <p>Cost: Free!</p>
The Incredible Years	<p>This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Ozaukee Family Services' staff.</p>	<p>Mondays, March 18 – May 6 6-8pm NO CLASS APRIL 15</p> <p>Free</p> <p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Tuesday's With Tera – Better Brain Health	<p>What can you do to keep your brain in tip-top shape? What are some threats to brain health? Learn the difference between normal aging and disease processes on memory.</p>	<p>Tuesday, March 19 11-12pm Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012</p>
Identifying and Supporting Mental Health in the Classroom	<p>This training targets the understanding and identification of a variety of mental health issues common in children and adolescents. Participants will also</p>	<p>PreK-2nd Grade Educators- 3/20/19 (Wed.) 6:30-8pm</p> <p>3rd-6th Grade Educators- 3/27/19 (Wed.) 6:30-8pm</p>

	<p>engage on topics of how to address concerns with parents, and classroom strategies to support children with mental health issues. Trainings are tailored to specific age groups.</p> <p>Facilitator: Erin Perez</p> <p>Erin Perez, Clinic Director of Ozaukee Community Therapies, is a Licensed Professional Counselor who has over 15 years of experience providing counseling, consultation, and trainings. Erin has many years of experience working with children (ages 3-18), adults, and families, who are experiencing various mental health and life challenges, such as ADHD, autism, anxiety, anger management, divorce, blending families, life transitions, and trauma. Erin has a Master's degree in Clinical Psychology from Cardinal Stritch University.</p>	<p>Middle/High School Educators- 4/3/19 (Wed.) 6:30-8pm</p> <p>\$15/participant</p> <p>Space is limited, and all participants must register to attend. To register- please contact Erin Perez at 414-559-0050 or erin@ozaukeecommunitytherapies.com</p>
<p>An Evening of Music and Conversation for Teens</p>	<p>Presented by Gathering on The Green in partnership with the Cedarburg School District – Parent Engagement Series, and Rogers Behavioral Health</p> <p>Join us in a very special entertaining and informative evening. Moderated by Emmy award-winning TV personality Katrina Cravy, this evening will feature a musical performance by Hannah Mrozak (Citizen Queen, American Idol, The Voice) and a conversation with Hannah and Rogers InHealth Specialist Sue McKenzie, regarding a subject in the forefront of all of our minds – Teens coping with stress and anxiety.</p> <p>This event is free and open to all teen students and parents and is made possible by Gathering on the Green's Music Together program and Kapco Metal</p>	<p>Wednesday, April 3 6:30pm Cedarburg Performing Arts Center W68 N611 Evergreen Blvd</p> <p>Registration is required: Gatheringonthegreen.org</p>

	Stamping. Registration is required. Doors open at 6:00pm.	
The Note You Never Want to Find: Talking to Your Teen About Suicide and Self-Harm	Talking to your teen about tough topics can feel overwhelming. Suicide is one of those topics where it can be hard to know what to say, or how, or when. Did you know that over 16% of public high school students in Wisconsin have considered suicide in the last year? Recent studies indicate that up to 37% of adolescents have engaged in some form of self-harm. Learn how to recognize the warning signs, and what to do if you are worried about someone you know. Watch and participate in role play and take home practical information on how you can help those you love. Facilitated by Ozaukee Family Services' counseling staff, Elizabeth Davison, LPC and Ashley Maas, MSW, APSW.	<p>Tuesday, April 9 6:30-8pm</p> <p>Free</p> <p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Tuesday's with Tera – Understanding Stroke	Join Aurora's stroke program coordinator Katie Neuman as we prepare for Stroke Awareness Month in May. Educate yourself on the basics of stroke; including prevention and recognition.	<p>Tuesday, April 16 11-12pm</p> <p>Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012</p>
Infant Massage	Kathy Bergmann, Certified Educator of Infant Massage and Ozaukee Family Services staff member, will demonstrate how to perform basic infant massage stroke techniques, as well as identify the benefits of infant massage for the infant and caregiver. Kathy will share research regarding the benefits of touch in the healthy growth and development of a child. Caregivers are invited to attend with babies from birth to 10 months.	<p>Tuesdays, April 23 – May 21 9:30-10:30am</p> <p>Free</p> <p>Childcare available for children not participating in the class</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Tuesday's with Tera – Cultivating Wellness	May is Mental Health Month! Depression affects over 7 million senior citizens each year. Come	<p>Tuesday, May 21 11-12pm</p> <p>Cedarburg Senior Center</p>

	and learn how you can live your best life through positive psychology.	W63n643 Washington Ave. Cedarburg, WI 53012
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CULTIVATE WELLNESS IN OUR PARKS	
Ozaukee County	Washington County
NIA Date: July 24, 2019 Time: 6:30-7:30pm Location: Kiwanis Family Pavilion - Upper Lake Park In case of rain: Port Washington Rec Center	Mindful Meditation Date: July 24, 2019 Time: 6:30-7:30pm Location: LLC - Maurin Center/Nature Hike In case of rain: LLC - Maurin Center
Tai Chi Date: July 31, 2019 Time: 6:30-7:30pm Location: Coal Dock Park In case of rain: Port Washington Rec Center	NIA - Non-impact Aerobics Class Date: July 31, 2019 Time: 6:30-7:30pm Location: Ridge Run Park In case of rain: LLC - Maurin Center
Laughter Yoga Date: August 7, 2019 Time: 6:30-7:30pm Location: Bluff - Upper Lake Park In case of rain: Port Washington Rec Center	Reiki Class & Benefits of Mental Health Date: August 7, 2019 Time: 6:30-7:30pm Location: Labyrinth Garden - Regner Park In case of rain: LLC - Maurin Center
Reiki Date: August 14, 2019 Time: 6:30-7:30pm Location: Veterans' Memorial Park In case of rain: Port Washington Rec Center	Movement, Wellness & Nutrition Date: August 14, 2019 Time: 6:30-7:30pm Location: Centennial Shelter - Regner Park In case of rain: LLC - Maurin Center
Yoga at Dusk Date: August 21, 2019 Time: 6:30-7:30pm Location: Overlook Park In case of rain: Port Washington Rec Center	Yoga at Dusk Date: August 21, 2019 Time: 7-7:45pm Location: Library Park - WB Library In case of rain: Library or Mutual Mall
Aromatherapy Date: August 28, 2019 Time 5-7pm Location: Rotary Park In case of rain: Port Washington Rec Center	Anti-bullying & Effects on Mental Health Date: August 28, 2019 Time: 5-7pm Location: West Bend Boys & Girls Club In case of rain: West Bend Boys & Girls Club

Announcements	Details
Washington Ozaukee Public Health is hiring!	Health Educator Join a dynamic team of health educators at the Washington Ozaukee Public Health Department. This position is responsible for the Community Health Assessment, Community Health Improvement Plan and the implementation of evidence-based interventions to make Washington and Ozaukee Counties the best and healthiest places to live, work and play. This position may coordinate obesity, physical activity, nutrition, or substance use prevention activities.

MENTAL HEALTH MEETINGS 2019			
Think Well	Cultivate – West Bend	INVEST Mental Health	Cultivate – Port/Sauk

March 27 May 22 (PAC 3224) July 24 September 25 November 27 8-9:30am St. Joe's Froedtert, Conf. Room A	March 14 April 4 May 9 June 13 July – NO MEETING August 8 September 12 October 10 November 14 December 12 1-2pm West Bend City Hall Police Classroom	April 4 June 6 August 1 October 3 December 5 9-10:30am Family Enrichment Center, Room E	March 20** April 17** May 15 June 19 July 17 August 21 September 18 October 16 November 20 December 18 3-4pm **Port Washington State Bank (206 N. Franklin St.) All others held at the Family Enrichment Center, Room E
If you would like to attend any of the above mental health meetings, please contact Bailey Murph at 262-335-4890 or bailey.murph@washozwi.gov			

TENTATIVE UPCOMING EVENTS/PROGRAMS 2019	
Agency/Org./Committee	Event/Program
Port/Sauk Cultivate	One Community One Book
Port/Sauk Cultivate	Community Conversation
Port/Sauk Cultivate	Community Depression Screening
West Bend Cultivate	Community Conversation
West Bend Cultivate	Community Depression Screening
Leadership Council	Annual Celebration